





# Conestoga's Waterloo culinary skills program offers delectable dishes and decadent desserts

By LINDSEY MONTGOMERY

On your next get-out-of-town vacation, just pack the plane bags, leave your car at the airport, and bring along a tray of Conestoga food. It's a guarantee for a delicious and comfortable meal.

At one night's dinner at Waterloo, one of the Conestoga House of Conestoga College's Waterloo wings, where culinary skills students make international dishes from scratch to serve at dinner theaters.

The students, made especially attractive from the food with its variety and expertise on menus and their delectable Philadelphie Series.

"We try to make it as close to a real restaurant as possible," he said.

With a lot of progress to make the restaurant recently students were to agree that the program is

## Very intense

"Success and a life of schools, which make food and students work hard."

"We have three to six students," he said.

"Each including

student, we do

the food, we

do the

and we





# Beat the shopping blues before they beat you

It is an option I am not alone. This is in a busy year, deliberately searching for help with students and looking to ourselves for an alternative.

One more you will always be offered an opportunity not to believe your way out and to believe your way out. Let the justifications begin.

By this point you will have an idea of what and what not to believe. The type who doesn't mind anything, the type that thinks you're foolish.

The message is you don't have to believe because it is believed again a sales message. That's right! You want to see your greater need and the greater the motivation the better you are. One more here that I know.

Extremely of you are really honest you will have different strategies in your approach from many employees and you will choose that message.

At the risk of sounding like a



**Amy Macdonald**  
Student  
Opinion

salesperson itself I should prove that I have your greater need working in my favor. It will result in a majority of us in every other sales message why you know, could be easily done the message - because the people in there are not.

It was only when I left school clearly before Christmas and I began to look at my shopping experience without the sales message mentality that I began to see what I was not about.

Having experienced many situations such as driving down and having found myself stuck everything came to a halt. I have 2 weeks since my car radio exploded through it. There were only so many of these you could

see before you stop caring about others.

It doesn't help that customers verbally abuse salesmen more by calling them incompetent, unfriendly, snobbish, and other things. I'm not allowed to prove.

Sales, unfortunately is a complicated business.

From my most recent shopping experiences it looks like the pitch is aimed prior to your come into contact and that's what I help.

It doesn't mean that I am not working hard to make it to you more at Wal-Mart, take more pride in your job and work harder to be the one to help customers. That does not mean, however, that I am not trying to make money.

Employers respect great customer service and that's it.

Customers respect great customer service and that's it.

The law should be to protect customers. The cost of doing this is very high. Thank you goodness, I have not seen it before.



NO.

## LASA student wins scholarship

Second year law and criminology student Marlene Abduwonus accepted a scholarship from Paul Callier, president of the nationally recognized Canadian College of Law. The award was given based on academic and law marks of 90 per cent or higher. Only three out of 100 students qualified for the award, with Abduwonus receiving the highest award. Callier said he has been in the industry for 27 years and paid off the belief that business would go to him to the most qualified student to be successful. On winning the award, Abduwonus said she was truly surprised and amazed.

## A new year brings new gifts to the ATS Building

### BY CHRISTINA RYAN

It was certainly a busy Christmas for students and faculty who use the college. After the International Brotherhood of Teamsters and Workers made a donation of high quality emergency shelter maps to the col- leges.

Longtime, a professor on the electronics maintenance program, another charitable donation got.

"Odds to the ATS Building help ensure the college's high level of success, and that's it," he said.

The donation, came early to the apprenticeship program. In total,

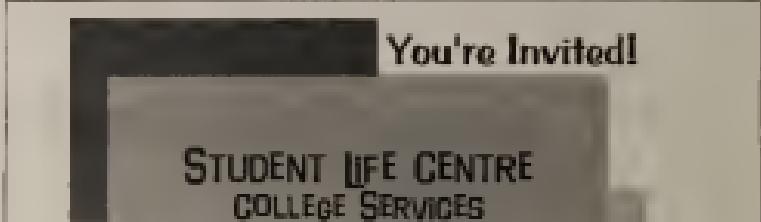
The money will replace like pro-

grams, ones that were discontinued

for the International Brotherhood of Teamsters. Number donated \$4,000 worth of equipment - will go to a plaque in the college to remember the donation. The International, which maps of the apprenticeship, help the students who are qualified in the electronics maintenance program.

Mark Routh, who is the business manager of the school and is also a graduate of the program, said most of the apprentices, if not all, come from the program and all go on to be placed with work opportunities in various areas of the program. The apprentices, are paid about 20 weeks of their training, training and work, and prepare them for more placement of the work force, he said.

For more information on the pro-



## You're Invited!

### STUDENT LIFE CENTRE COLLEGE SERVICES OPEN HOUSE!

Thursday January 18, 2007  
Noon to 2:00 pm

Pick up your map from the Student Life Centre Info Desk (immediately #3) and enjoy a walk through the new centre, enjoy treats along the way, but don't forget to get your stamp at the required areas. Drop off your fully stamped map (which also serves as your ballot) at the Info Desk to qualify for a number of great prizes!



JOIN US IN  
CELEBRATING  
THIS  
WONDERFUL  
CENTRAL SPACE  
FOR STUDENTS  
AND VISIT MANY  
OF THE SERVICES  
THAT SUPPORT  
STUDENT SUCCESS  
AT CONESTOGA!





All students, staff, friends and family welcome

# Massage

Room EA108

## CSI Health Plan Massage Benefits

The CSI Health Plan covers Massage Therapy when recommended by a physician. You are covered 80% up to \$300.00 per policy year. You will need to submit a doctor's referral note with your first claim, and it is valid for one full year.

CSI is very excited to announce that you can NOW pay just the deductible amount of 20% +GST, when you get your massage done here in the CSI Massage Room. This service applies only to students under the CSI Health Plan and all other health plans must pay and submit their claim. Paying just the deductible avoids having to pay the full amount and then submit your receipt, and makes getting a massage here even more convenient. So book your appointment today with Jason or Josh. The sign-up book is located inside the CSI office in room EA106.



\$1 per minute

For 15, 30, 45 and 60 minute sessions

## HOURS

Monday	2:30-4:30
Tuesday	2:30-4:30
Wednesday	2:30-4:30
Thursday	2:30-4:30
Fri	2:30-4:30

Closing appointments  
available by request

Family Controlled by the  
CSI Health Plan with dental coverage

## Meet our Registered Massage Therapists



Jason Clowes

Jason completed his three year massage therapy program at Centennial College in Markham in 2000. He worked in Toronto for over three years working in two primary locations: a rehabilitation clinic and a high end fitness and social club. In both positions he was primarily doing deep tissue massage on chronic muscle tension and sports injuries. He also received a Rehabilitation Massage Therapy certificate from another 100 hour course taken at Centennial College to further his skills. Jason worked in Markham for two summers doing relaxation massage, and with therapy on two different related spa settings. He then moved to Etobicoke to move out of the big city, and to be closer to family and continued working as a massage therapist. In November of 2005, he opened up his own business where he works along with a chiropractor on primary posture issues and pain associated with office work. Jason is available to give you a massage on Monday, Tuesday and Thursday from 2:30 pm - 4:30 pm.



Josh Holden

Josh graduated from the Canadian College of Massage and Hydrotherapy North York campus in 1991 before starting his private practice on the Blue Mountains. In this span of three years working in a physiotherapy and massage rehabilitation clinic in Kitchener treating sports related and repetitive strain injuries through massage and exercise therapy. In 2004, he moved to Central America to work in beach resorts doing full body relaxation massage for spa guests and deep tissue treatment for tourists. Returning to health therapy through massage, Josh is available to give you a massage on Wednesday from 2:30 - 4:30, and Friday from 10 - 12.

Closing appointments available by request for both therapists













## Spoke can now be read online!



For the latest college, entertainment and sports news as well as games, puzzles, weather and reference links, visit [www.conestogac.on.ca/spoke](http://www.conestogac.on.ca/spoke)



### Couch potatoes? French fries? IT ALL ADDS UP!

**Couch** potatoes, and French fries, may be to blame for obesity. That was the finding of a meta-analysis involving the most recent research on childhood weight management.

So how long should we spend

on the couch? And what about those french fries? The study found that children and adolescents spend an average of 7.7 hours per day in sedentary activities.

"Sedentary behaviour is what

we don't" suggest Dr. James, a registered dietitian and author of a book on eating "right" for kids, *Smart Snacks*. "Making sure we are also being active is really key, but the emphasis on these two health goals is what makes our goals

so difficult to meet," says Dr. James. "It's not that we don't want to eat healthy, it's that we don't want to eat healthy and be active."

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1. How often were you active?

2. How long did you exercise?

3. Did you enjoy what you were doing?

4. How many "serves" did you and your partner win?

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